LEADING MEDICINE:
A TOWN HALL CONVERSATION
WITH DR. MARC BOOM

Town Hall Conversation XXV
Department of Obstetrics and Gynecology Update and Latest Advances in Pelvic Health

Danielle Antosh, MD, Interim Chairwoman

May 26, 2022
The Obstetrics and Gynecology Department of Houston Methodist Hospital will be a premier Women’s Health Center that delivers comprehensive, outstanding healthcare for women.

Offering a compassionate approach to wellness and illness, we will provide women’s health services through multi-disciplinary collaboration within world-class facilities and an academic environment of research and learning.
Department Leadership

• Danielle Antosh, MD
  Interim Chairwoman
  Division Director, Urogyn

• Meredith Morgan, MD
  Elected Deputy Chair
  Maternal Medical Director

• Patricia Bellows, MD
  Division Director, OBGyn

• Aparna Kamat, MD
  Division Director, GynOnc

• Konrad Harms, MD
  OBGyn Residency Director

• Thuy-Van Stafford, MD
  Neonatal Director
Specialties

• Obstetrics
• Benign Gynecology
  – Minimally invasive gynecology
    • Fibroids
    • Endometriosis
    • Reproductive Robotic Surgery Program
  – Urogynecology
  – Menopause Medicine
• Gynecologic Oncology
  – uterine/ovarian/cervical cancers
Residency and Fellowship Programs

- **OB/GYN Residency**
  - Four-year program
  - 5 residents per year
  - >600 applicants per year

- **1st ACGME Female Pelvic Medicine and Reconstructive Surgery Fellowship in Houston**
  - First Fellow started July 1, 2017
  - Three-year program
  - 1 fellow per year
OB/GYN Department Community Outreach
Community Outreach

- Legacy Health Care System
  - Outpatient/Inpatient Obstetrical Care
- Denver Harbor Clinic (Vecino Health Clinic)
  - Dysplasia Clinic
  - Outpatient/Inpatient obstetrical care
- San Jose Clinic
  - Outpatient Gynecologic Care (twice weekly)
- Spring Branch Clinic
  - Outpatient/Inpatient Obstetrical Care
- El Centro de Corazon (HMH Community Scholars Program)
  - Oupatient Urogynecology care with FPMRS fellows
OB/GYN Research
Nano-immunotherapy targeting macrophages to arrest liver metastasis in ovarian cancer – Dr. Kamat with HMRI and Texas A&M scientists received $100,000 grant from Cancer Center Innovation Grant

Gynecologic Oncology Group (GOG) Clinical Trials – Dr. Kamat/Suri/Zaid/Alaniz
  - Funded by the National Cancer Institute (NCI)
  - Cervical Cancer (2)
  - Endometrial Cancer (3)
  - Ovarian Cancer (4)
Urogynecology Research

- HealthCare Disparities Research
  - National Database Study
  - 3 abstract presentations at national meetings
- Sexual Function after Prolapse Surgery
- REVIVE Study (vaginal estrogen use in women with breast cancer)
  - Collaboration with Breast Oncologist Dr. Niravath
- Vaginal and Urinary Microbiome
- Childbirth trauma and risk of PFDs
- Botox administration into the bladder for overactive bladder
- Communication Research for Women’s Perceptions of PFDs
  - Collaboration with U of H Dept of Communications
Obstetrics Research

- Attitudes toward Group Prenatal Care
- Obesity in Pregnancy
- Development of a Postpartum App (in partnership with EnMed students)
Innovation

• DaVinci Xi Robot
  ❖ 9 HMH medical center

• vNOTES
  ❖ System to allow laparoscopic surgery through the vagina

• Mona Lisa Touch® CO2 Laser
  ❖ Vaginal dryness in menopause
  ❖ Lichen Sclerosus
Pelvic Health

What are Pelvic Floor Disorders (PFDs)?
What is a PFD?

Pelvic Floor Disorders (PFDs):

- Weakening of the pelvic floor muscles or tears in the connective tissue
- Results in loss of support to the pelvic organs, difficulty with bladder and bowel control
- Important quality of life issue

PFDs

1. URINARY INCONTINENCE
2. VAGINAL PROLAPSE
3. ACCIDENTAL BOWEL LEAKAGE
PFDs are common

- 25% of women have at least 1 PFD
- Women in U.S. with at least 1 PFD will increase from **28.1 million** in 2010 to **43.8 million** in 2050

1 in 5 women require surgery

Wu JM et al. Obstet Gynecol 2014
Wu JM et al. Obstet Gynecol 2009
Am I at risk?

- Vaginal childbirth and pregnancy
- Older age
- Obesity
- Chronic constipation
- Previous hysterectomy
- Genetics
Urinary Incontinence

- Accidental loss of urine
- Most common of the PFDs
- Types of Urinary Incontinence
  - STRESS
  - URGE
  - MIXED
- Distressing and impacts quality of life
Treatment of Urinary Incontinence

- Behavioral Modifications
  - ↓ Caffeine
  - Timed Voiding
  - Bladder Retraining

- Pelvic Floor Exercises – Pelvic Floor Physical Therapy

- Medications

- Office Procedures

- Surgery
Surgery for Incontinence

STRESS INCONTINENCE
- Midurethral Sling
- Non-mesh Fascia Sling
- Robotic (Burch) bladder neck suspension
- Urethral Bulking Injection (In Office)

URGENCY INCONTINENCE
- Bladder Botox
- Nerve stimulation in ankle
- Nerve stimulation to sacral nerve in back
Treatment of Prolapse

- Pelvic Floor Physical Therapy
- Pessary
- Surgery
  - Vaginal, Laparoscopic, Robotic
  - Outpatient or 1 night stay
  - Native Tissue Repairs or Lightweight mesh/grafts
Pelvic Floor Exercises

• Lift and squeeze pelvic floor muscles
  – Contract 3 seconds, relax 3 seconds
  – 10 contractions, 4 times daily

• Same muscles you contract when stopping urine flow, or to prevent from passing gas

• Try not to flex muscles in legs, buttocok, or stomach
Center for Restorative Pelvic Medicine (CRPM)
Our doctors and therapists work together to achieve a common goal: Restoring pelvic organ health and quality of life for women and men.

**Specialties**
- Urogynecologists = FPMRS specialists (Obgyn or Urology)
- Urologists
- Gynecologists
- Colorectal Surgeons
- Reconstructive Plastic Surgeons
- Pelvic Floor physical therapists
- Sex Therapist

**Diagnoses**
- Urinary Incontinence
- Pelvic Organ Prolapse
- Fecal urgency/incontinence
- Neurogenic bladder
- Congenital GU anomalies
- Voiding dysfunction
- Post-prostatectomy incontinence
- Sexual Dysfunction
Current CRPM Sites

1. Houston Methodist Hospital, Medical Center  
   CRPM site director: Danielle Antosh, MD (FPMRS, ObGyn)  
   CRPM Research Director: Rose Khavari, MD (FPMRS, Urology)

2. Houston Methodist West  
   CRPM site director: Christina Pramudji, MD (FPMRS, Urology)

3. Houston Methodist Willowbrook  
   CRPM site director: Fiona Lindo, MD (FPMRS, ObGyn)

4. Houston Methodist Sugar Land  
   CRPM site director: Laura Martinez, MD (FPMRS, Urology)

5. Houston Methodist Clear Lake
Portraits of Perseverance Luncheon
Houston Methodist COVID-19 Patients by Day

Data as of May 25, 2022
Houston Methodist Testing Trend

Confirmed COVID-19 Lab Tests

- Positive COVID-19 Tests
- 7 Day Rolling Average of Percent of Positive Tests
COVID-19 Cases Likely Unreported Due to Reduced Testing and Home Tests

COVID-19 Daily Cases in U.S.: True vs. Reported

Created with Datawrapper
COVID-19 Viral Load Detected in City of Houston Wastewater

HOUStON

May 16, 2022

Viral Load: 170%
In comparison to July 6, 2020

Positivity Rate: 11%

https://covidwwtp.spatialstudieslab.org/
U.S. COVID-19 Variant Trend

https://covid.cdc.gov/covid-data-tracker/#variant-proportions
BA.4/5 Subvariant Fueling Surge in South Africa

COVID-19 metrics in Gauteng, as % of highest wave peak

Dr Ridhwaan Suliman
twitter: @rid1tweets
18/05/2022
COVID-19 Mortality Preventable By Vaccines

About 234,000 COVID-19 deaths since June 2021 could have been prevented with vaccinations
COVID-19 Mortality Preventable By Vaccines

Timely booster doses may have prevented additional deaths among both unvaccinated and vaccinated people

### Share of adult population and adult COVID-19 deaths by vaccination status, 23 jurisdictions in the U.S., September 2021 to February 2022

<table>
<thead>
<tr>
<th>Month/Year</th>
<th>Unvaccinated</th>
<th>Vaccinated with primary series</th>
<th>Vaccinated with booster</th>
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<td>Sep '21</td>
<td>30%</td>
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<td>Oct '21</td>
<td>28%</td>
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<td>Nov '21</td>
<td>26%</td>
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<td>Feb '22</td>
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### Share of adult COVID-19 deaths

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Nurses Week 2022

CNO Becky Chalupa, HM Baytown
Top 15 Salute to Nurses 2022 Winner
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BEST PLACES TO WORK 2022

#48 Houston Methodist

"GREAT benefits, great staff, really positive work environment. I was a temporary worker before I was hired permanently and I fell in love."
THANK YOU FOR ATTENDING OUR TOWN HALL CONVERSATION

If you would like more information about Women's Health Services at Houston Methodist or the Women's Health Task Force, please contact Amanda Harris at abharris@houstonmethodist.org